



Get on Track to a Healthier You! with the



YOU'RE INVITED! Please join us at the Elders Roundtable, Community Breakfast and Resource Fair
Take Steps toward Better Health
Mind, Body and Soul

When: Friday, June 1, 2012 9:00 am to 11:00 a.m.

Where: Central Area Senior Center, 500 - 30th Ave, Seattle, WA 98144

This **FREE EVENT** is sponsored by the Washington State Commission on African American Affairs, The Commission's Thompson Russell Health Committee, and the Governor's Interagency Council on Health Disparities, and supported by the Washington State Association of Black Professionals in Health Care. **We look forward to seeing you there.**

A panel of Health Care members will engage in a moderated discussion on some of the major issues facing seniors. At each table there will be a professional in health care to continue the discussion and to answer questions.

Moderator: Commissioner Winona Hollins-Hauge, MSW, LICSW, Chair of the Thompson Russell Health Committee and Member, Governor's Interagency Council on Health Disparities.

Panelist

Dr. Mark B Snowden MD practices general and geriatric psychiatry in Seattle, Washington

Dr. Anita Johnson Connell M.D., lecture and practitioner in Seattle, Washington

Dr. Karen Hurley ND practices Naturopathy in Federal Way, Washington

Please forward this invitation and informational flyers on as appropriate. For more information about this free event call or email Erinn Renee' Fleeks at erinnf@seniorservices.org or 206-726-4926 ext. 202.

To learn more about the Washington State Commission on African American Affairs and to register, please visit us at:
<http://www.caa.wa.gov> or call or 360-725-5664 or email Commissioner Winona Hollins-Hauge wdhauge@hotmail.com
or Pam Morris pmorris@caa.wa.gov.